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CONGRATULATIONS TO MARIE SCHUTT!!

## WOMAN SAYS SPOUSES OF ALCOHOLICS ARE KEY

A woman married to a problem drinker - a woman who may stand protectively between the alcoholic and the consequences of his behavior - can be a key to real help for the alcoholic and his family.

But to break the "conspiracy of silence" that binds families of those who have serious alcohol or other chemical dependency problems, the people closest to the problem often need to make their own lives healthier first, chemical dependency counselor Marie Morton Schutt said.

Schutt, a Great Falls woman and a recovering alcoholic herself, has just written "Against All Odds,"\* a book about women living with spouses who have drinking problems.

"It's kind of a how-to book: how to change your lifestyle to a more rewarding lifestyle that will have an effect on the alcoholic. Then he has to make a choice whether to control his illness," she said.

Schutt, a counselor at Providence treatment center, will speak at a conference Friday and Saturday on "Adult Children of Alcoholics," sponsored by the center.

The conference is set for the Rainbow Hotel and is directed to professionals and others who want to learn about how drinking problems affect families and the children who grow up in them.

Schutt said in a recent interview that she learned about three weeks ago that her 25,000-word manuscript will be in print soon. Health Communications, Inc., a Florida firm whose trade publications include the U.S. Journal of Drug and Alcohol Dependence, will publish the book or booklet, and has requested two more manuscripts, she said.

Schutt maintains that "alcoholism can't exist" in a home that functions properly. Family members of an alcoholic head-of-family develop unhealthy lives centering around the drinking problem, Schutt said. They learn to hide a person's alcoholism from his employers and other outsiders, for example. That keeps the abuser from having to face the consequences of his drinking and twists the lives of the other family, she said.

Schutt said there may well be as many women with drinking problems as men. But she focuses on women in her book because often female spouses are the first people who seek help with counselors over an alcohol-driven relationship, she said.

Schutt said her book details steps the woman should take: from getting help from an outside support group - Schutt is a firm believer in Alcoholics Anonymous and Al-anon, its support group for family members, for example - to concentrating on her children's and her own well-being.

"If the family members become aware and change their behavior, that will automatically change the home structure to the point that the alcoholic will have to make a decision about his illness," she said.

Schutt said statistics indicate the confronted drinker will probably choose treatment. If he learns to "control his drinking problem," it will be by stopping drinking, she emphasized.

PLEASE REPLY

100% TOWERS  
100% TOWERS

Referring to another statistic the average age of the person coming for alcohol counseling has gone from about age 55 to about age 33 in 20 years, she added that "the people who work in alcohol counseling should be very proud of what we've done" in making treatment more visible.

Schutt's "Against All Odds" will be available in Great Falls in three or four months. Providence staff members estimate.

From the Great Falls Tribune  
Monday, June 10, 1985

\* Due to a conflict with a movie having the same title, "Against All Odds" has been changed to "Wives of Alcoholics" sub titled "From Codependency to Recovery".

Marie has informed us that her publisher has requested manuscripts on the next two books she is writing. One concerns young children living in alcohol homes, while the other addresses adult children of alcoholics.

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For those of you who are into statistics and for anyone who is interested in attempting to identify trends, the following are statistics from FY 1984 and FY 1985 first admission client characteristics from the Montana Alcohol, Drug Information System.

<u>FY 1985</u> <u>[6,625]</u>	<u>Primary Treatment</u>	<u>FY 1984</u> <u>[6,318]</u>
44%	3 years or less of problem drinking	39%
19%	were students	14%
28%	were women	26%
24%	were under 21 years old	22%
42%	were under 26 years old	42%
62%	were unemployed [includes students]	63%
45%	were insured	44%
25%	were referred from other C.D.Programs	24%
19%	were referred from courts	19%
17%	were self referrals	19%
67%	had completed 12 years of schooling	68%
24%	were divorced or separated	26%
34%	had previous treatment	36%
36%	were readmitted for treatment in first reporting program	36%
14%	reported spouse abuse	14%
78%	alcohol was the primary drug	79%
12%	marijuana was the primary drug	11%
3%	cocaine was the primary drug	2%
2%	amphetamines was the primary drug	2%

<u>FY 1985</u> <u>[2,787]</u>	<u>Family Treatment</u>	<u>FY 1984</u> <u>[2,428]</u>
27%	were under 26 years old	30%
30%	were male	26%
21%	reported spouse abuse	25%

<u>FY 1985</u> <u>[5,092 offenders]</u>	<u>D.U.I.</u> <u>First Admissions and Readmissions</u>	<u>FY 1984</u> <u>(4,178 offenders)</u>
10%	were 20 years old or younger	13%
34%	were under 26 years old	38%
11%	were readmitted to first admitting program	11%
17%	were women	17%
9%	had previous C.D. treatment	12%

FY 85 Total Admissions and Readmissions to Primary Treatment,  
Family Treatment and DUI courses 17,170

FY 84 Total Admissions and Readmissions to Primary Treatment,  
Family Treatment and DUI courses 15,535

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WHITE WINE - THE DRINK OF CHOICE AMONG WOMEN

Drinking problems among women are on the rise, and alcohol problems are resulting in increasing number from wine, rather than malt beverages or distilled spirits, according to a leading researcher in the field of alcohol and women.

The big rise in alcohol consumption is among women 35 to 49 as reported in a recent article published in Harper's Bazaar.

Not only is this group drinking more, but nearly twice as many drink heavily compared to what they were drinking 10 years ago.

Wine poses a particular problem, as women are thinking of wine almost as nonalcohol. In terms of alcohol content and addictive potential though, a 4 ounce glass of chablis is equal to a shot of bourbon. Most people don't realize this.

Women are drinking more in their middle ages because it is a time when many feel they have tried everything and experience a great deal of stress because the realities of life have not met their expectations.

Perhaps they have been dependent on their husbands and that became disillusioning or their career is not turning out as successfully as they had dreamed it would, and cannot depend on that for confirmation of their importance. Or, the children have grown up and left home and no longer turn to them to feel needed.

So they shift their dependency to the pleasure of wine.

Abrupt role changes can definitely push this group into alcohol abuse. To be without an important social function, whether in marriage, career or motherhood, is especially critical at this stage when it's not as easy to pursue new roles or to regain previous ones. The women's movement has brought with it a new set of rising expectations and pressures.

In a recent survey, it was found that separation and divorce, job loss and the empty nest were closely linked to heavier mid-life drinking.

Heredity also may play a role in alcoholism. If a woman is genetically programmed and is also suffering mid-life stress, she is going to turn to some drug to find relief. Alcohol, especially white wine, the drug of choice because it is legal, readily available, fits the social scene and is less expensive than other drugs.

From: "Network"  
Ohio Dept. of Health  
June 1985

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NATIONAL SAFETY COUNCIL developed antidrunk-driving kit for community groups. Community, fraternal and school organizations may obtain a free kit, while quantities last, by sending request before Jan 1, 1986 to: Dept. PR, National Safety Council, 444 North Michigan Ave, Chicago, IL 60611. Include a self-addressed, 13" x 10" envelope, affixed with \$1.45 in postage for each request.

From: "Pulse Beats"  
Aug. 1985

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MIDYEAR STATS SHOW DECREASING BEER MARKET

Brewery shipments to Montana Wholesaler's through June 30 stood at just over 393,000 barrels. This is the fifth year of a general decline in Montanas' beer consumption, which is now a full ten percent below 1981 levels. Wine shipments were slightly below the record high level of 1984.

From: Montana Beer and Wine Wholesaling  
Newsletter - August 1985

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AS 'PROJECT GRADUATION,' program to promote booze-free graduation celebrations, was used in increasingly more schools, in Maine, death count from drunken driving on state's highways around graduation time fell from 12 to 1, reported national Center For Disease Control.

"Pulse Beats"  
June 1985

## NONALCOHOLIC WINE TOASTED BY CONSUMERS

Following the marketing success of lower calorie and lower alcohol content wine coolers, nonalcoholic wine is becoming popular with people who are health conscious and concerned about driving after drinking. According to surveys conducted by the wine industry, 88 percent of the people interviewed approved of the taste and concept. Manufacturers anticipate the nonalcoholic wines may capture 15 percent of the market by 1995.

From: Chicago Tribune  
December 10, 1984

\* \* \* \* \*

ALASKA SUPREME COURT, some years ago, rules marijuana is protected by state constitution under right to privacy....There's now increasing effort to have this changed....Amount of possession allowed has been reduced from unlimited amount to four ounces or less. Use or possession in public areas continues to be illegal.

From: "Pulse Beats"  
June 1985

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### SOME FACTS ON ALCOHOLISM AND RAPE

The psychological effect of alcohol is to disinhibit. A person under the influence of alcohol cannot tell if a threat is real or imagined, physical or mental, and therefore, reacts with more strength and more violence than he would if sober.

The facts and figures given below are some indication of men arrested for such violent behaviors as rape, wife beating, and homicide.

- 36 percent were classified as heavy drinkers.
- 56 percent were social drinkers.
- Most rapes occur May through August.
- Most rapes occur between 8 PM and 2 AM on weekends.
- Most rapists are young men (1) ages 16 to 20 and (2) ages 21 to 25.
- 82 percent of cases, rapist and victims lived within five blocks of each other.
- There are two kinds of cases:
  - (a) power rapes - premeditated and planned; and
  - (b) anger rapes -not premeditated and revenge may be involved.
- In 60% of anger rapes, alcohol is involved and in 40%, the victim is also under the influence.

From: "NETWORK"  
Ohio Dept. of Health  
June 1985

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FROM ITS FOUNDING IN 1935, Alcoholics Anonymous grew to a fellowship of over 200,000 by 1960. During the next 25 years, AA grew to estimated two million membership of today as it celebrates its Golden Anniversary this year....AA will hold its 8th International Convention, July 4-7, in Montreal, Canada, where 32,000 are expected to attend. The theme for the gathering, held every five years, is "Fifty Years With Gratitude"....AA has made a major contribution to awareness of alcoholism addiction as a disease, coupled with ways of working to make recovery from this fatal disease possible. Its ability to survive early years of struggle, and its remarkable growth over past two decades, is a testimonial to the wisdom of its approach--and the tangible results. All who are involved in substance abuse can be thankful that AA helped blaze a shining path for other recovering addicts to follow.

From: "Pulse Beats"  
June 1985

'ILLUSIONS OF AFTERCARE' was title of commentary by Jerauld D. Miller, publisher, Alcoholism magazine. Many otherwise "full service" programs come up empty in aftercare department, wrote Miller, "copping the shopworn plea" of cost containment. "The fact is that pressures to produce on the enrollment end outweigh the demands for excellence on the matriculation end." Miller suggests third-party payor require a complete aftercare policy statement before qualifying a program for reimbursement.

"Pulse Beats"  
July 1985



## ADOLESCENT PROGRAMMING BREAKTHROUGH

HIGH SCHOOL STUDENTS will now be able to get official credit on their requirements for graduation for chemical dependency treatment, according to Superintendent Jeremy Hughes of Haslett, Michigan.

Located in central Michigan, just outside of the state capital in Lansing, Haslett High School has 564 students in grades 9 through 12.

The Haslett Board of Education is viewed as unique in the nation for their approval of a policy which offers credit to high school students for substance abuse treatment.

Under the new policy, students can earn from half to a whole credit for in-patient care at a substance abuse treatment facility for adolescents, and from half to a full credit for care following release as a patient.

"With this program, you're actually able to have the effect of changing the life of a kid, a parent, within your school," Rick Beal, Haslett High School Assistant Principal and currently intervention coordinator of the program, told David Hartman in a recent appearance on ABC's "Good Morning America" show.

Academic credit is an essential ingredient in the process, Beal said, because "it's critical in getting parents' cooperation." Parents worry if they give permission for intensive alcohol and drug abuse treatment, their child will not graduate on time.

"Some schools give credit for lecture or group therapy time," said Tom Collins, director of the Fairview Deaconess Hospital chemical dependency program in Minneapolis where a number of Haslett High School students have been treated in the last few years.

"But no school except Haslett gives credit for the eight-hour treatment day. We have been pushing for this policy in high school for seven years. It's very hard work and the students who participate in such programs deserve the academic credit," Collins told the news media.

A major breakthrough came in substance abuse treatment with third party payments from insurance companies, particularly with legislation which now mandates coverage for alcoholism and drug abuse in health and medical policies.

Another major breakthrough, this time for adolescents who have chemical dependency problems, may be on the horizon as other school districts across the U.S. consider following the lead of Haslett High School.

From: Monday Morning Report,  
Volume 8, Number 22

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## FDA APPROVES TREXAN

The Food and Drug Administration (FDA), recently approved marketing of Trexan (naltrexone hydrochloride), a narcotic antagonist and new non-addicting treatment alternative for detoxified narcotics addicts, developed by the DuPont Company.

According to the literature, Trexan does not produce a high nor does it cause physical or psychological dependence. Patients can discontinue use at any time without experiencing withdrawal symptoms. Thus, it is intended for highly motivated addicts who want to remain narcotic free and are involved in active rehabilitation.

Trexan is now available in an oral prescription form. However, the DuPont Company warns that Trexan should not be used by patients who are at the time physically dependent on narcotics.

If you would like more information about the treatment of Naltrexone, the National Clearinghouse for Drug Abuse Information (NCADI) have a publication, entitled Treatment Research Report Naltrexone: Its Clinical Utility (ADM) 84-1358, 22 pp. which one copy may be obtained free by writing to:

NCDAI  
P.O. Box 1908  
Rockville, Maryland 20850

\* \* \* \* \*

The presidential candidate for the Prohibition Party in the 1984 presidential race was Earl Dodge. He received a reported 4,188 votes from six states where he was on the ballot. Kansas registered the highest number of votes, with 2,109, shunning the major candidates in order to vote the dry ballot.

By the way, a 1984 Gallup Poll asked the question "Would you favor a law prohibiting the sale of all beer, wine, and liquor throughout the nation?" 17% of those responding to the poll answered "yes."

Monday Morning Report  
March 4, 1985

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LOW INCIDENCE OF MARIJUANA USE IN THE NETHERLANDS

In the Netherlands, marijuana has been sold legally in cafes and youth centers since 1978. The government felt that it was a "relatively innocuous" substance and dropped all criminal penalties for it. It was felt that its attraction was due to it being forbidden. Now, it is no longer a highly sensationalized drug. In a country where marijuana can be purchased as easily as soda pop, less than 2 percent of the young people say they are regular users (at least once a week). Four-fifths of the young people surveyed had no interest in smoking marijuana.

Source: The US Journal of  
Drug and Alcohol  
Dependence, Feb 1985

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SEN PAULA HAWKINS, R-FL, praised seven major league baseball teams for establishing some form of restrictive alcohol policies aimed at discouraging excess rowdiness and vandalism in stadium, while also lessening incentive to drink and drive after game ends.

IN CASES MONITORED by Parents Association To Neutralize Drug and Alcohol Abuse (PANDAA), in Fairfax County, VA, from June 1, 1984 to September 30, 1984, average jail sentence for cocaine distribution was one year and eight months....Average time to be served after time suspended was 20 days.

DID YOU KNOW

The average heroin abuser commits more than 1000 crimes during a year. While most of these are drug sales and other drug-related crimes, the figures include 160 "nondrug" crimes, including robberies and burglaries.

From: NIDA & Natl Institute of  
Justice- A study on crime  
& drug use patterns  
among heroin abusers in  
New York City

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RUSSIANS PREPARE ALCOHOL ABUSE PREVENTION CAMPAIGNS

Alcoholism is now the single greatest cause of premature death in Russia, and the Soviet Union is preparing a major campaign against alcohol abuse. Efforts include banning the sale of liquor at discotheques, reporting drunken workers to their management, posing disciplined persons' names publicly, and changing the pay policy for workers--depositing pay into a bank account instead of paying in cash, which has been the normal custom.

Monday Morning Report  
May 6, 1985

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DRUG USED TO TREAT INFERTILITY IN WOMEN shows early success as a first effective treatment for cocaine abuse. Details from editor.

"Pulse Beats"  
June 1985



STATE-OWNED AIR JAMATCA fined \$2,37 million by U.S. Customs Service for nearly 6,000 pounds of marijuana found aboard one of its planes at Miami Airport, Feb. 18.

"Pulse Beats"  
June 1985

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HELPING KIDS MAKE HARD CHOICES ABOUT ALCOHOL  
FEATURED IN NEW AAA FOUNDATION FILM PROGRAM

The Starting Early K-6th Alcohol Education Program developed by the AAA Foundation for Traffic Safety teaches children about the choices involved with alcohol and highway safety. To strengthen this curriculum, the AAA Foundation, through a grant from the Metropolitan Life Foundation, has just released 10 new, exciting films to supplement this program.

These films are now being distributed by the AAA Foundation. For further information, contact your local AAA Club or write to: AAA Foundation for Traffic Safety, 8111 Gatehouse Road, Falls Church, Virginia, 22047.

- (1) The majority of a youth's day is spent outside of school.
- (2) The major portion of a young adolescent's time is still spent at home and in front of the t.v. (4-6 hours/day).
- (3) Adolescents spend much time socializing and working in hang-outs like drive-ins, theatres, malls, arcades.
- (4) Young people at highest risk aren't in school; adolescent absenteeism and drop-out rates are highest among drug users.

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SEVEN INDICTED by federal grand jury, in Pittsburgh, investigating cocaine sales to major league baseball players. Although none were players, those indicted were close to players off the field. Baseball Commissioner Peter Ueberroth is appealing to players' union to join his plan for testing all pro baseball personnel.

From: "Pulse Beats"  
June 1985

SOUR GRAPES?

BURLINGAME, Cal - Wine growers here are furious at Seagram liquor advertisements which equate a glass of wine with a shot of liquor. The Winegrowers of California, in a press release, claim that wine is recognized as the beverage of "moderation and good taste." They argue that wine is a food, is natural, contains many nutrients, is a part of religious ceremonies, and "plays an important and useful medical role," for its "mild, tranquilizing effect, aid to digestion, as an appetite stimulant, and use in the treatment of certain cardiovascular and gastroenterological diseases."

From: "The Journal"  
Toronto, Ont.  
August 1985

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DEATHS FROM CIGARETTES, nation's other legal psychoactive drug, looks like this, according to World Health Surveys of Bethesda, MD, and reported by Sue Rusche: Smoking-related heart disease, 240,000 per year; smoking-related cancers, 147,000 per year; other respiratory disease, 61,000 per year; other smoking-related deaths, 15,000 per year; smoking-related accidents such as fires, 4,000 per year. Moreover, an estimated 4,000 infants die each year from exposure to mothers' smoking...It means smoking kills more people each year than all those killed in World Wars I and II and Vietnam combined.

From: "Pulse Beats"  
July 1985



THE COUNSELOR

January 1985

Chemical use is a social problem, not a pharmacological one. It is a social problem because:

- \* Drugs will always be available
- \* People will use drugs to fill personal and/or social needs

Therefore, your efforts to combat abuse should have a basis in social and personal interactions. It is easy to teach drug information, but drug information alone has not been an effective prevention strategy. (In some cases, it has been shown to have an adverse effect.) However, drug information combined with affective training can result in a much stronger, more successful, program.

The major thrust of the prevention program should be to increase the personal and social development of all students. In your program, you should have as your objectives:

- \* Increased self-understanding and acceptance through activities such as values clarification, sensory awareness, decision making, etc.
- \* Improved interpersonal skills through activities such as communication training, peer counseling, assertiveness training, etc.
- \* Increased ability to meet one's needs through social institutions.

A program with these objectives provides skills that enable the student to make his/her own decisions and avoid peer pressure.

Russel Allinson, Director of Pharmacy at Shadyside Hospital and author of the book, Drug Abuse: Why It Happens And How To Prevent It, is available for \$9.95 from: Valley Publishing, PO Box 2223, Lower Burrell, PA 15068

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MARIJUANA FARMING: It's estimated 200,000 Americans engage in marijuana farming as their primary source of income, with most of this crop grown on federal forest and park lands.

From: "Pulse Beats"  
June 1985

BARTENDER SUPPORT

NEW YORK - Most United States citizens back harsh penalties for drunk driving, but 72% of 1,402 people polled here believe that bartenders and social hosts should not be held responsible for alcohol-related accidents. Associated Press reports that in 35 US states, bartenders can be sued for damages caused by inebriated patrons. And, in New Jersey, social hosts may be held liable for drunk-driving accidents caused by their intoxicated guests.

From: "The Journal", Toronto, Ont.  
August 1985

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GROWTH OF ALCOHOLISM AND DRUG DEPENDENCY estimated at rate of 400,000 per year, according to Terence T. Gorski, pres, CENAPS Corp, in recent review of trends in field of alcoholism and other drug dependence. The report is available for purchase. For details write: Terence T. Gorski, CENAPS Corp, P.O. Box 184, Hazelcrest, IL 60429.

From: "Pulse Beats"  
July 1985

YOU WON'T BELIEVE IT....Pot growers in America are allowed to keep drawing government benefits for other produce if their illegal crop is seized and destroyed by law officers before they get a chance to harvest it....Secretary of Agriculture John Block is quietly asking Congress to plug the loophole in federal subsidy rules.

From: "Pulse Beats"  
Aug. 1985

# COLLEGE OF GREAT FALLS

## Chemical Dependency Counseling

Chemical dependency counseling offers a career challenge with exciting possibilities for the person who wants to help people help themselves. It is an emergent profession which is continually redefining its role and upgrading standards for integration into the general health care field.

To enable people to meet this challenge, the College of Great Falls, in cooperation with Providence (chemical dependency treatment center) is introducing a two year degreed training program for chemical dependency counselors, beginning Fall term, 1985.

### - TWO-YEAR OUTLINE FOR CHEMICAL DEPENDENCY COUNSELING -

First Semester		Credits	Second Semester		Credits
ENG 117	Basic Writing II	3	PSY 201	General Psychology II	3
PSY 200	General Psychology I	3	SC 120	Small Group Communication	2
CDC 241	Intro to Counseling	3	CDC 262	Intro to Rehab Services	2
BIO 251	Anatomy & Physiology	3	CDC 292	Pharmacology & Physiology	3
CDC 173	Clinical Experience I	3	BIO 252	Anatomy & Physiology	3
			CDC 174	Clinical Experience II	3
		15			16

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Third Semester		Credits	Fourth Semester		Credits
PSY 214	Human Growth/Develop II	3	Soc.Elective		3
CDC 293	Intervent & Rehab of CD	3	Philosophy or Religious		
SOC 101	Intro to Sociology	3	Studies		3
	Social Science	3	Literature or Art		3
	Assoc.Degree Req.	3	Assoc.Degree Req.		3
CDC 273	Clinical Experience III	3	CDC 274	Clinical Exp IV	3
		18			15

Total Requirements for the Associate Degree: 64

### THE CLINICAL EXPERIENCE

#### AT PROVIDENCE

Clinical experiences provide the student with first-hand on-the-job training to develop a background of confident capability.

The clinical experience sequence follows a carefully designed progression from familiarity to performance. The sequence begins in September and continues through two years, excluding summers. Thus, entry is restricted to the beginning of each fall term only.

Students will observe and ultimately practice counseling skills in a variety of treatment situations. They will engage in individual, group and family counseling sessions. They will learn interviewing techniques, data collection, diagnosis, caseload management, and functioning as part of an agency staff.

The clinical experience consists of 210 hours each semester of closely coordinated and supervised personal involvement. The schedule of times will vary from week to week, matching the days and times of treatment activities, but will average fifteen hours per week. In addition to experiences at Providence students will participate in activities in other community agencies and programs.

Providence is a private, non-profit corporation specializing in family counseling for chemical health and addiction management. Approved by the State of Montana as an out-patient family treatment center for chemical dependency. Providence, 401 3rd Avenue North, Great Falls, provides among its services: Intensive Outpatient Treatment, family therapy, individual and group therapy, adolescent and childrens services, aftercare services, thorough assessments, referrals, intervention, consultation and educational programs.

The clinic will be directed by Marlene O'Connell, R.N., M.S.N.

For Further Information Contact the College of Great Falls, 1301 20th St. So. Great Falls, MT 59405

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## DRUGS AND TEENAGE SUICIDE

"Approximately one-third of all suicides are related to drug use," says Dr. Michael Cohn. "My guess is that it's probably more than that, but it's really difficult sometimes to pick out the ones that are actually related to drug use." He also points out that this number does not include those deaths caused by accidental overdoses of drugs.

Dr. Cohn is the assistant administrator of clinical services for Fairbanks Hospital in Indianapolis, Indiana. In an interview to be published in the November issue of LISTEN magazine, Dr. Cohn discusses the factors that can lead teens to consider suicide.

One of those factors is drug use. Dr. Cohn describes several ways in which drugs can lead a teenager to consider suicide. He points out that some drugs, such as alcohol, act as depressants, and any drug use can cause impulsive behavior.

Contrary to popular belief, stimulants can also induce depression. Stimulants cause a tremendous 'up,' and the body has to achieve a balance," explains Dr. Cohn. "When the stimulants clear the body, the body has a tremendous 'down.' Many people react by experiencing depression. They can experience suicidal feelings and may in fact act them out."

"It's OK to be sad and to cry," says Dr. Cohn. These are normal feelings. The problems come when young people use drugs to escape problems. "If you use drugs, you make the condition worse," he says. "It promotes an even greater depression."

From: "Listen" Magazine  
August, 1985

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## DRINKING WHILE DRIVING LEGAL IN 26 STATES

According to a National Safety Council report it is legal for drivers to drink in 26 states. A person could drive from the Idaho-Canadian border to Key West, Florida, by a reasonably direct route and could drink non-stop for 3,700 miles. In Iowa, however, he would have to switch to 3.2 beer because state law prohibits drivers from drinking anything more potent.

Massachusetts law banned happy hours in bars but allows drivers to drink, and in Maryland it's illegal to drink in a parked car but legal to drink while driving. Georgia law forbids a driver from driving with an open container of an alcoholic beverage but the law is vague and seldom enforced.

Iowa and South Carolina recently passed open container laws but other states like Texas are unwilling to do so. A Texas law regulating drinking while driving died in committee in 1984. Supporters of similar legislation this year fear it will not pass.

--Drug Abuse Update,  
June, 1985, No.13

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## TAX DEDUCTION FOR EDUCATIONAL EXPENSES

Treasury Regulation, Section 1.161.5 permits an income tax reduction for educational expenses (registration fees and costs of travel, meals, and lodging) undertaken to: 1) maintain or improve skills required in one's employment or other trade or business, or 2) meet expressed requirements of an employer law imposed as a condition to retention of employment, job status or rate of compensation.

\* \* \* \* \*

DEATHS FROM ALCOHOL: Here's how it breaks down, according to National Council on Alcoholism: Alcohol-related accidents and suicides, 60,000 per year; cirrhosis, 30,000 per year; alcoholism and alcohol psychosis, 5,000 per year.

YOU WON'T BELIEVE IT.... Pot growers in America are allowed to keep drawing government benefits for other produce if their illegal crop is seized and destroyed by law officers before they get a chance to harvest it....Secretary of Agriculture John Block is quietly asking Congress to plug the loophole in federal subsidy rules.

From: "Pulse Beats"  
August 1985

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